

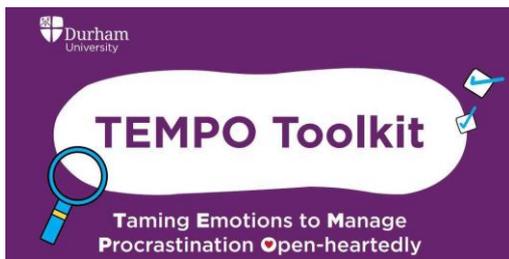
## A Compassionate Approach to Addressing Procrastination

### Background

Procrastination is a prevalent and pernicious self-regulation issue that can undermine productivity and erode health and well-being. Yet common misperceptions about procrastination as a character flaw (laziness, poor will power), or due to poor time management skills, result in ineffective approaches for reducing procrastination and perpetuate the shame and blame that paradoxically amplify rather than attenuate this behavioural issue. Research from our lab over the past decade has instead highlighted the central role of emotion dysregulation in procrastination and shifted the narrative from blame to compassion. The insights from this research have informed the development of the Taming Emotions to Manage Procrastination Open-heartedly (TEMPO) toolkit, an evidence-backed self-help resource to help people understand and address procrastination from a more compassionate stance.

### Aims and Methods

The suggested project(s) aims to build a comprehensive evidence base to support the effectiveness of the new TEMPO



toolkit for compassionately addressing procrastination across various life domains. There is flexibility and scope to investigate the impact of the TEMPO as a whole, or to provide focused tests of its key components, such as which components of the TEMPO are most effective, and what the measurable short and long-term outcomes are from using the TEMPO. There is also the potential to adapt the TEMPO for domain-specific uses, such

financial procrastination, procrastination in the workplace, and health procrastination.

### Relevance

The project bridges interests of various psychology subdisciplines, including personality psychology, social psychology, positive psychology, affective science, and behavioural science.

### Training

The candidate's research activity will be based in Durham, Psychology. Besides training in general research skills, the candidate will develop a deeper understanding of the temporal-affective dynamics underpinning procrastination. The candidate will develop skills in advanced statistical techniques.

### Suitable for

PhD and MSc by Research students.

### References and Further Reading

Rad, H. S., Samadi, S., Sirois, F. M., & Goodarzi, H. (2023). Mindfulness intervention for academic procrastination: A randomized control trial. *Learning & Individual Differences, 101*, 102244.

Sirois, F. M. (2023). Procrastination and stress: A conceptual review of why context matters. *International Journal of Environmental Research and Public Health, 20*(6), 5031

Sirois, F. M., & Hirsch, J. K., (2026). Trait procrastination and future time orientation: Multi-sample tests of the stress orientation hypothesis. *Personality and Individual Differences, 255*, 113683.

Sirois, F. M., & Pychyl, T. A. (2013). Procrastination and the priority of short-term mood regulation: Consequences for future self. *Social and Personality Psychology Compass, 7* (2), 115–127.

Sirois, F. M., Stride, C., & Pychyl, T. A. (2023). Procrastination and health: A longitudinal test of the procrastination-health model. *British Journal of Health Psychology, 28*, 860-875.